



BANANA BREAKFAST DOG

Hot dogs for breakfast? Not quite! This dog's a little different. Full of protein, fruits and grains, the Banana Dog is a quick, nutritious way to start your day! Eating foods like peanut butter provides your body with the power of protein—an important building block for bones, muscles, skin and blood.

Ingredients

- Whole grain hot dog bun
- Peanut butter (may use sunflower butter as nut alternative)
- Sunflower seeds (shelled)
- Banana
- Low-sugar jam

Directions

- Open whole grain hot dog bun and spread peanut butter on bottom half
- Sprinkel with sunflower seeds
- Peel a whole banana and place on bun
- Top with a squiggle of low-sugar jam, and BAM, you're done!

